



ROOT to RISE wellness bar

RootToRiseWellnessCafe.com
419.732.1392
80 N. CHRISTY CHAPEL RD.
PORT CLINTON, OH

MENU

coffee & teas

Espresso	\$2
Drip Coffee	\$2.25 / \$2.75 / \$3.25
Americano	\$2.5 / \$3
Cappuccino	\$3 / \$3.75
Latte	\$3.75 / \$4.5

served with either skim milk or half & half

Customize your latte with your choice of:

\$.50 – oat milk – coconut milk

*\$.50 – Holy Kakow premium organic
chocolate sauces and syrups*

Loose Leaf Tea	\$3 / \$3.75
Iced Tea – Barista's Choice	\$3.5
Chai Latte	\$5
Raspberry/Patch Matcha Latte	\$5
Lavender London Fog	\$5

signature cold brews

Salted Caramel \$5
Cold brew – caramel syrup – vanilla – almond milk

Vanilla Oat Cookie Cold Brew \$5
*Cold brew – vanilla syrup – vanilla – oat milk
top with a Henny B's Honey Drizzle for \$.50

Almond Joy Cold Brew \$5
*Cold brew – almond extract – coconut milk
simple syrup*

***make these skinny with our Lakota Monk Fruit
Sweetened syrups: vanilla or caramel*

***add a drizzle of caramel date syrup for \$1.50*

Cold Brew Caramel Macchiato Smoothie \$13
*banana – cacao powder – ground flax – MCT oil
monk fruit – caramel extract – cold brew
caramel date drizzle*

smoothies & smoothie bowls

Peach Pear Matcha Smoothie • \$12
*banana – pear – peach – agave – peach matcha
coconut milk*

Pina Colada Smoothie • \$11.5
*banana – pineapple – shredded coconut – honey
pure coconut extract – coconut milk
coconut water – bee pollen topping*

Catawba Sunrise • \$10.5
*vanilla protein powder – mango – banana
turmeric – cinnamon – coconut milk*

Cookie Monster Smoothie • \$12
*banana – oatmeal – sea salt – vanilla – peanut butter
– blue spirulina – oat milk – cacao nibs – yogurt*

Gypsy Soul • \$9.5
*blueberry – pineapple – basil – ginger
coconut water – agave – MCT oil*

Island Girl • \$11
*banana – strawberries – pink pataya powder
lime juice – mint – agave – coconut water*

The Palm Tree • \$12
*kale – avocado – pineapple – mango MCT oil
agave – coconut water – coconut milk – ginger*

The Acai Smoothie/Bowl • \$11 / \$12.5
*acai – blueberries – cherries – vanilla – monk fruit
coconut water *bowl topped with: granola,
coconut, Henny B's Honey Drizzle, fresh fruit*

The Bohemian Smoothie/Bowl • \$11.5 / \$13
*blueberry – pineapple – spinach – chia seeds
collagen – honey – maqui powder – almond milk
*bowl topped with: granola, banana – shredded
coconut – bee pollen – blueberries – honey drizzle*

Lake Erie Mermaid Smoothie/Bowl • \$11 / \$12.5
*banana – spinach mango – pineapple – honey
MCT oil – blue spirulina – coconut milk – pistachios
*bowl topped with: granola, shredded coconut,
banana, bee pollen, Henny B's Honey Drizzle,
fresh fruit*

Strawberry Almond Smoothie/Bowl • \$12
*almond milk – strawberries
banana – maca – almond butter
*bowl topped with: granola, goji berries
sliced almonds, chia seeds, banana, strawberries,
almond butter drizzle*

Peanut Butter Power Bowl • \$13
*banana – peanut butter – raw cocoa powder – date
puree – collagen – ground flax – oat milk
*bowl topped with: granola, cacao nibs – banana
chia seeds peanuts – peanut butter drizzle*

smoothie boosts

- \$1.50** shredded coconut, flax seed, cinnamon, oats
- \$1** hemp seeds, chia seeds, cacao nibs, cacao powder, turmeric, almond or peanut butter
- \$1.5** protein powder, MCT oil, collagen peptide, blue spirulina, maqui powder, pitaya powder, goji berries, bee pollen, caramel date syrup (mix-in or drizzle), seasonal fresh fruit (when available)

CALL AHEAD ORDERING NOW AVAILABLE!
419.732.1392

cold pressed juices

Lake Erie Alligator • \$10

cucumber – pineapple – pear – spinach
lemon – ginger

Spin to the Beet • \$10

apple – beet – lemon – orange

24 Carrot Gold • \$10

carrot – apple – lemon – ginger

Chill Pill • \$10

pineapple – lemon – chamomile extract
ashwagandha – vanilla – blue butterfly pea
powder coconut water

Watermelon Hydrator • \$10

watermelon – cucumber – lime – agave
mint – coconut water

Turmeric Immunity Shot • \$4

turmeric root – ginger root – orange
lemon – pepper

salads & bowls \$12

*Salads served with dressings made from scratch
featuring the finest EVOOs from The Olive Scene.*

Thai Buddha Bowl

brown rice – red cabbage – carrot – red pepper
green onions – crushed peanuts – edamame
sesame seeds – *peanut ginger dressing

The Orchard Keeper

mixed greens – quinoa – red onion – berries –
avocado – pecans – honey ginger vinaigrette

Vegan Street Taco Salad

house-made walnut mushroom taco meat – ro-
maine – black beans – cherry tomatoes – red on-
ion – sliced avocado – gluten free tortilla chips
*lime vinaigrette

Mucho Macho Gazpacho

tomatoes – cucumber – jalapeno – bell peppers
red onion – garlic – EVOO – apple cider vinegar –
tomato juice

overnight oats \$6.5

Banana Bread

banana – oatmeal – oat milk – walnuts
vanilla – cinnamon – sea salt – ground flax
maple syrup

Peanut Butter

oatmeal – peanut butter – protein powder
maple syrup – almond milk

Cold Brew Macchiato

oatmeal – chocolate – protein powder
cold brew – cacao powder – monk fruit
topped with R2R signature caramel date syrup

chia seed pudding \$7.5

Black Forest Chia Seed Pudding

chia seeds – almond milk – cacao powder
chocolate protein powder – vanilla – agave
cherries topped with Orchard Farmstand
Cherry Jam

Lemon Blueberry Chia Seed Pudding

chia seeds – almond milk – lemon juice
blueberries – vanilla – agave

protein balls \$2 each

Ask for today's flavors.

vegan raw energy bars \$3 each

almonds – cashews – oats – ground flax – raisins
dried cranberries – maple syrup – peanut butter
coconut oil – vegan dark chocolate chips

truffle & herb deviled egg \$10 for 6

cage free organic eggs with garden herbs

toasts & waffles

The Avocado • \$6.5

smashed avocado – grass-fed butter
himalayan sea salt – arugula – red pepper flakes

Banana Nut Waffle • \$7

house made gluten free waffle – peanut butter
– banana – pumpkin seeds – Henny B's Honey
drizzle – Himalayan sea salt

The Pesto Avocado • \$8

smashed avocado – grass-fed butter
pesto – cage free hardboiled egg – chives

**Turn any toast into a house-made gluten-free
waffle • \$1.5 additional.*

Create Your Own:

\$.25 everything bagel seasoning
arugula – chives

\$.50 pesto – herb oil – balsamic glaze

\$1 cage free hardboiled egg
cherry tomatoes

**Pre-order your nourishment at the
Wellness Bar before your class and we'll have
it ready for you.*

**All products in this facility may have come into
contact with nuts, gluten and dairy.*

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